

SPORT FOR CONFIDENCE

GYMNASTICS*

Mondays 11.30am-12.30pm

*AT THE EVERSLEY CENTRE, PITSEA

BOCCIA

Tuesdays 12.00-12.45pm

& 1.00pm-1.45pm

SENSORY FRIENDLY & THERAPEUTIC

SWIMMING

Mondays 2.00-2.45pm

MULTI-SPORTS

Tuesdays 2.45-3.45pm

Wednesdays 1.00-1.45pm

SWIMMING

Mondays 3.00-3.45pm

CRICKET

Tuesdays 4.15-5.00pm

FOOTBALL FITNESS

Mondays 5.30-6.30pm

INCLUSIVE CYCLING

Thursdays 10.00-11.00am

TABLE TOP TIME

Mondays 6.45-7.30pm

LOVE TO MOVE

AIMED AT OLDER PEOPLE AND
PEOPLE LIVING WITH DEMENTIA

Thursdays 11.45am-12.30pm

TRAMPOLINING

Tuesdays 9.45-10.30am

& 10.45-11.30am

CREATIVE DANCE

Thursdays 12.45-1.45pm

TRACK SESSION

Tuesdays 10.00-10.45am

NETBALL

Fridays 12.00-12.45pm

Come along and try something different, meet new friends and learn new skills.

ALL SPORTS
£3.00
PER SESSION

Cycling and Love to Move are currently a closed session, due to their specialist nature. Please discuss your interest in attending any of the sessions with your Occupational Therapist before arriving.

Location*

Basildon Sporting Village,
Cranes Farm Road,
Basildon SS14 3GR

*FOR ALL SESSIONS, WITH THE EXCEPTION OF GYMNASTICS, WHICH TAKES PLACE AT THE EVERSLEY CENTRE, PITSEA.



For further information please contact our Occupational Therapists:
Lyndsey Barrett on 07809 142805, Megan Potts on 07394 564942,
or email info@sportforconfidence.com

SPORT
FOR CONFIDENCE

Play Your Part™
sportforconfidence.co.uk

 **Dementia Friends**
An Alzheimer's Society initiative

everyone
ACTIVE
Feel better for it

 **Para Dance UK**

 **British Gymnastics Foundation**
Love to Move

  **eaBasildonSV**
everyoneactive.com/basildon
Basildon Council
BASILDON BILLERICAY WILLOWOOD